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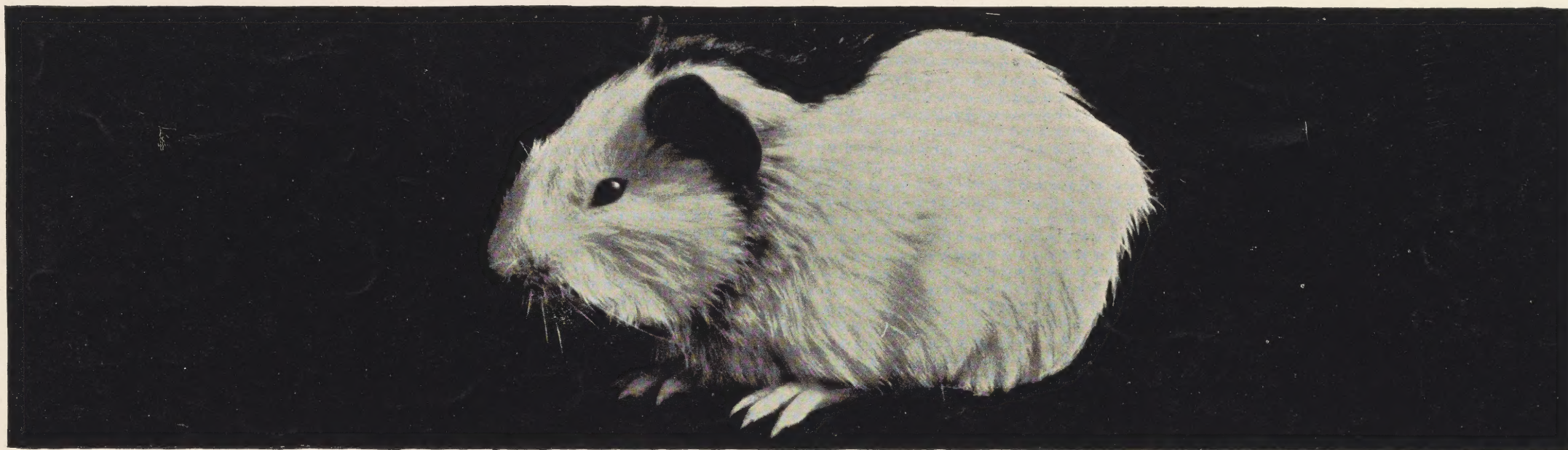
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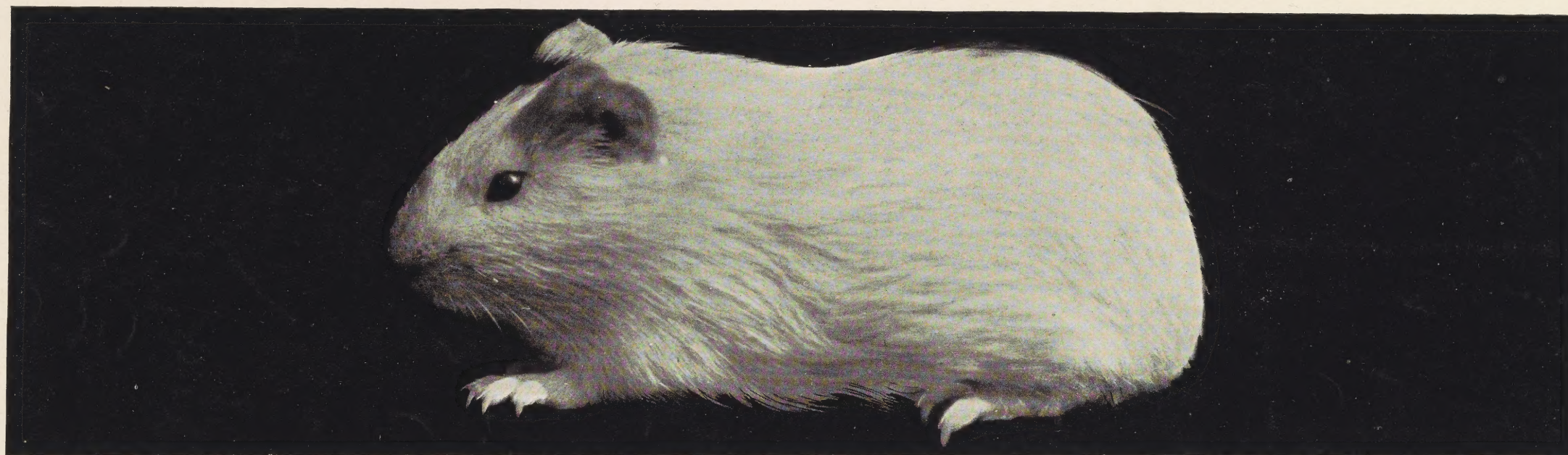
Vitamin C

In the Diet

Effect of Vitamin C on Growth and Health



Diet adequate except for vitamin C



Vitamin C added to the same diet

Guinea pigs of the same age and sex, after 22 days on the diets. The rough fur and the crouched position, due to sore joints, indicate scurvy in the smaller guinea pig. Rats do not develop scurvy

GUINEA PIGS THREE-FOURTHS ACTUAL SIZE

Some Common Sources of Vitamin C



Apples
Bananas
Cabbage
Carrots, young

Cauliflower
Grapefruit
Guavas
Lemons

Onions
Oranges
Peaches
Peas

Pineapples
Potatoes
Raspberries
Rutabagas

Spinach
Sprouted legumes
String beans
Tomatoes

NUTRITION CHART 9

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE